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HALIFAX

metro

Tuesday, September 27, 2011
www.metronews.ca

News worth sharing.

Settlement OK'd for immigrants

► Class-action was launched over troubled job-placement program

Five years after the Nova Scotia government took control of a problem-plagued immigration program, a court approved a settlement yesterday that offers \$25 million in compensation to immigrants who say the program failed to deliver what it promised.

Ward Branch, the lawyer leading a class-action lawsuit against the province, said the deal represents the largest settlement of its kind in Nova Scotia history.

"We're really pleased with the way the government responded once we started the litigation to make it easy for people to get their money back," Branch told Nova Scotia Supreme Court Judge John Murphy.

Under the settlement agreement, the province's Office of Immigration is offering 364 immigrants up to \$75,000 each in compensation. So far, about 60 per cent of those people have been contacted by Branch's law firm.

The settlement can be scuttled if 50 or more people object before Jan. 5, but Branch said that was

By the numbers

- The members of the class-action include 105 immigrants who did find work with mentor firms, and another 259 who never got the chance, Office of Immigration spokeswoman Elizabeth Mills said.
- Lawyer Ward Branch said those who did receive a salary under the program will have that amount deducted from their \$75,000 settlement.
- As well, the legal fee paid to Branch's law firm will be between 15 and 20 per cent of each cheque, depending on how many immigrants come forward.

unlikely to happen.

The program started in 2003 under the former Conservative government and was operated by Cornwallis Financial Corp. But the Tories assumed responsibility in 2006 and stopped accepting applications for the program's so-called investment stream after problems

began to surface.

Typically, immigrants in that stream paid Cornwallis about \$100,000 to take part. In exchange, the immigrants were told they would be given a middle-management job placement in the province, and a portion of their fee would be returned to them as a salary.

However, some of the 790 immigrants who paid into the program said they didn't get the job experience they were promised. Today, only 300 of the participants are still in the province.

A proposed class-action lawsuit was filed in December 2009 on behalf of Peter King, who moved to Halifax from the United Kingdom in April 2006.

In a statement of claim, King alleges he paid the fee and applied unsuccessfully for a number of jobs before he gave up and moved to British Columbia, where he still resides.

King's class-action was certified and settled during yesterday's court hearing. **THE CANADIAN PRESS**

Metro. Centre



► Country music star Reba McEntire performs for an enthusiastic crowd at the Metro Centre last night. McEntire said she learned a lot about Halifax history after taking a tour around the city on Sunday.

RYAN TAPLIN/METRO

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Police probe pair of car fires

Police are investigating two robberies-turned-suspicious fires after cars were stolen and set ablaze early yesterday.

At 5:50 a.m., fire crews were called to Harbour View Elementary School on Alfred Street where a car was fully engulfed in flames about three metres from the building, said fire services spokesman Dave Meldrum.

"Our firefighters were able to extinguish that fire fairly quickly," he said, adding the crew was called back at 7 a.m. because the flames reignited.

About 15 minutes later, another car was reported to be on fire at an apartment building at 105 Pinecrest Dr. — a short distance away from Alfred Street.

Police spokesman Brian Palmeter said both cars were stolen from Lower Sackville sometime overnight on Sunday.

He said in both cases, the cars were Chryslers and an accelerator was used to fuel the flames, which could be anything from gas to kerosene.

"Based on all that information, we're investigating these two incidents together on the belief that there is likely a connection," said Palmeter, adding there are no suspects at this point.

Both vehicles were completely gutted. No one was injured in either incident, he said.

● ALY THOMSON

Sun. Worshipper



► Philip Beaulieu soaks in some rays on the Halifax waterfront yesterday.

RYAN TAPLIN/METRO

Where is fall?

At 24 C, it was another warm one yesterday, following a record-breaking day. The mercury reached 24.4 C on Sunday, breaking the old record set in 2004 by 0.4 degrees.

MP leads NewPage delegates

► No NDP representation ► NewPage situation a regional issue: Cuzner



ALEX BOUILIER
@METRONEWS.CA

Cape Breton-Canso MP Rodger Cuzner led a delegation to Ottawa yesterday to brief ACOA Minister Bernard Valcourt on the ongoing NewPage situation.

But representatives from the provincial NDP government — who recently announced a \$15 million aid package for forestry workers in the region — were not able to attend.

Cuzner, the Liberal representative for the region, was joined by Port Hawkesbury Mayor Billy Joe MacLean, Richmond County Warden John Boudreau and Liberal MLA Michel Samson.

"The purpose is to impart or impress on the minister just how far-reaching this problem goes," Cuzner said yesterday. "It's not just a Richmond County or Port Hawkesbury problem, but there are companies in the entire region ... that pretty much do their annual busi-

ness plan around servicing NewPage."

Cuzner's office organized the meeting, inviting representatives from all three provincial parties. Tory MLA Allan MacMaster was not able to attend, and technical difficulties prevented him from taking part via teleconference.

Natural Resources Minister Charlie Parker was also invited and unable to attend. Jennifer Stewart, spokeswoman for the Premier's Office, said Parker sent his regrets.

But she noted that the

province is in regular contact with their federal counterparts with regard to the NewPage situation — and that the Premier's Office is working daily on the file.

"Since the news broke in late August, representatives from the Premier's Office and various departments have been meeting on a daily basis to discuss ways to support the mill workers and their families, as well as the woodlands contractors who supply the mill," Stewart wrote in an email.

1

news


Fathers may have more than their share of grey hair, but a new study suggests they may also have fewer heart problems. Scan code for story.

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Non-profits unite over end-of-life care

► Provincial not-for-profits follow national coalition ► Nova Scotia applauded by senator for move to cover palliative medication for home care

RYAN TAPLIN/METRO



► Senator Sharon Carstairs speaks at the Quality End of Life Care Coalition Nova Scotia launch at the Diman Lebanese Centre yesterday.



ALEX BOUTILIER
@METRONEWS.CA

A group of 16 not-for-profit organizations joined forces to speak out on palliative and hospice care yesterday.

The groups signed an agreement to form the Quality End of Life Care Coalition of Nova Scotia in an attempt to help shape public policy and raise awareness concerning end-of-life care in the province.

"The QELCCNS believes all Nova Scotians have a right to quality end-of-life care that allows them to

die with dignity, free of pain, surrounded by their loved ones, in a setting of their choice," according to documents provided by the coalition.

The need to develop a partnership and present a unified front on end-of-life care issues was identified by the Nova Scotia Hospice Palliative Care Association in 2010. The new coalition will borrow the model adopted by a national organization of the same name.

Former Liberal MP Mike Savage was on hand at the signing ceremony yesterday to introduce Sharon Carstairs, a Mani-

2,800
Number of Nova Scotians in palliative home care in 2009-2010.

toba senator who has done extensive work on palliative care.

Carstairs, the daughter of former Nova Scotia premier Harold Connolly, shared personal experiences of both her father and mother toward the end of their lives — and stressed the need to remove barriers for people who wish to end their

journey outside of the hospital.

She applauded the recent provincial government decision to expand drug coverage to all palliative home-care patients.

"Making palliative-care drugs available in the home without any cost ... is a huge step forward," Carstairs told the crowd.

"I know ... families who have had to put their (family members) in hospital despite the fact they wanted to leave them in their home but couldn't afford to pay for the drugs. And that's just simply wrong."

Minimum wage to rise Oct. 1

The Nova Scotia government took the opportunity yesterday to remind workers and employers that the minimum wage will increase on October 1.

As of next month, minimum wage in the province will jump to \$10 an hour, up from the current rate of \$9.65 an hour. Minimum wage for workers on a three-month probationary period will rise to \$9.50 an hour, up

from \$9.15.

Beginning next year, the minimum wage will be increased annually based on inflation. Minimum wage will also be indexed to the low-income cutoff rate, a Statistics Canada indicator measuring the level at which people devote a larger average percentage of income on basic necessities like food and shelter.

● ALEX BOUTILIER

AFRICVILLE

HRM still seeking African-Nova Scotian liaison

More than 18 months after announcing the position, the Halifax Regional Municipality is still searching for a liaison to the African-Nova Scotian community.

HRM announced the new community liaison position as part of the Africville apology, delivered by Mayor Peter Kelly in February 2010. In addition to the funds earmarked for the reconstruction of the Seaview

African United Baptist Church, HRM was to establish the position in attempts to improve relations with Halifax's black community.

The application period for that position closed over a month ago, but according to municipal spokeswoman Shaune MacKinlay, the interviews have yet to begin.

When a successful applicant is chosen, they will answer to the managing director of External and Corporate Affairs, under CAO Richard Butts' office. The main duty will be to provide advice to the CAO on the "integration and alignment of the needs of African-Nova Scotians within the overall design and delivery of municipal programs and services."

● ALEX BOUTILIER

Oversight body gets 1st director

The Nova Scotia government is ready to announce the first director of a new agency that will investigate allegations of police misconduct.

Justice Minister Ross Landry says he will introduce the director of the Serious Incident Response Team at a news conference today.

Landry first announced plans for the unit almost two years ago, saying it would bring a level of accountability to the justice system.

THE CANADIAN PRESS

Third teen charged in iPod theft

A boy allegedly involved in assaulting a 13-year-old boy and stealing his iPod last week was arrested and charged yesterday.

The 14-year-old is facing charges that include robbery, misleading police and breach of probation.

Two other boys, 14 and 16, were arrested last week and both face charges of robbery and assault causing bodily harm.

The victim was walking home from school on Sept. 21 when three males knocked him down and took his iPod. ● ALY THOMSON

Have you seen this one-of-a-kind bike?

Police are asking for help in finding a unique motorized bicycle that was stolen from Cabot Street last week.

On the evening of Sept. 21, someone cut the lock and stole the black Norco

Bush Pilot bike from the front deck of a residence.

Police said the bike has been outfitted with a small Zenoah GoPed engine and would likely be the only one in the province. Also, the bike re-

quires a specific fuel and without it, it could explode.

Anyone with information about this incident is asked to contact police at 490-5016 or Crime Stoppers at 1-800-222-TIPS or



► Stolen bike

crimestoppers.ns.ca.
● ALY THOMSON

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Keystone protest comes to Canada

► Immigration Minister Jason Kenney calls Parliament Hill protesters 'extremists' on Twitter ► It's 'in our collective national interest' for Keystone pipeline to proceed, says Natural Resources Minister Joe Oliver

JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

More than 100 protesters climbed over a fence police erected on Parliament Hill yesterday and then sat peacefully, waiting to be arrested.

Greenpeace, the Council of Canadians and Indigenous Environmental Network organized the protest against the development of the tarsands and pipelines that carry Canadian oil to the U.S.

It was modelled after the Keystone XL pipeline protests outside the White House and getting arrested was part of the plan from the beginning, organizers said.

RCMP Sgt. Marc Menard said more than 100 protesters were arrested for obstructing police, but ultimately only given a provincial offence notice for trespassing.

"I'm actually missing

\$65

The protesters who jumped the fence in front of Centre Block were handcuffed with plastic zip ties, booked and given a ticket for \$65 for trespassing.

the class I teach at the University of Toronto," said Keith Stewart, after he climbed over the fence. "Right now, my students are in class."

Asked why he was willing to be arrested, he said, "I've been writing environmental policy and lobbying politicians for over a decade, and that's not doing anything. And I've got a daughter."

Natural Resources Minister Joe Oliver defended the oilsands and the Keystone pipeline.

He said the pipeline would generate \$600 billion in economic activity.



► Blaine Cameron, who uses a wheelchair, is carried over a security fence on Parliament Hill by his fellow protesters yesterday.

Typhoon Nesat batters Philippines

A powerful typhoon slammed the northern Philippines early Tuesday, local time, unleashing floods, cutting power and halting work in the capital, Manila, where residents waded in waist-deep waters and strong winds toppled trees.

Authorities ordered more than 100,000 people to shelter from rains and wind gusts of up to 170

kilometres per hour. At least one person — a baby — drowned and four fishermen were reported missing.

Typhoon Nesat made landfall before dawn over eastern mountainous Isabela and Aurora provinces which face the Pacific Ocean, packing sustained winds of 140 km/h, the government weather bureau said.

With its immense 650-kilometre cloud band, the typhoon threatened to foul weather across the entire main Luzon Island as it moves across the Philippines toward the South China Sea late Wednesday or early Thursday and then heads toward southern China.

Heavy downpours and winds prompted the closure of government of-

fices, schools and universities in the capital, while scores of domestic flights were cancelled and inter-island ferries grounded, stranding thousands.

A year-old baby drowned in the central island province of Cataduanes after falling into a river, the government disaster agency reported. Four fishermen were missing while more than 50

others were rescued along eastern shores after their boats overturned in choppy seas.

In downtown Manila, residents waded in waist-deep floodwaters as waves washed over the seawall along Manila Bay.

In other parts of Manila, emergency workers prepared to evacuate river areas that are notorious for flooding. **THE ASSOCIATED PRESS**

Stormy weather

► 112,000 people were ordered to leave their homes in five towns prone to flash floods and landslides in central Albay province.

► Over 50,000 people had moved to evacuation centres and relatives' homes by yesterday, officials said.

Canadians can breathe easy: WHO

A new study from the World Health Organization suggests the air quality in Canadian cities is among the best urban air in the world.

In the WHO's compila-

tion of 91 countries, only cities in Estonia and Mauritius had cleaner air than Canada. Mongolia registered the highest average pollution levels at 279.

THE CANADIAN PRESS

CBC faces federal scrutiny

The Conservatives are hauling the CBC onto the carpet this fall to explain why it is fighting the access-to-information law in the courts, part of

increased scrutiny of the public broadcaster's spending and practices by the new majority government.

The move comes at the same time the Conservative party surveys its members on whether CBC funding is good value for the taxpayer.

THE CANADIAN PRESS

Woman uses Facebook to report robbery

An American woman has found a unique use for her Facebook account: reporting a robbery.

Police in Chattanooga, Tenn., said 20-year-old Rolanda Hill answered a knock at her door Sunday

night and a man stuck a gun through the open door and forced his way inside.

Hill used her computer to report the crime to her Facebook friends and asked them to call police.

THE ASSOCIATED PRESS

Monks self-immolate

► Young men allegedly called for religious freedom and said 'Long live the Dalai Lama' before they set themselves on fire in China, says Free Tibet

Two Tibetan monks set themselves on fire yesterday in a protest over China's tight rein over Buddhist practices, a rights group said as the Chinese government reiterated it will choose the next Dalai Lama.

The London-based Free Tibet campaign said Lobsang Kalsang and Lobsang Konchok, both be-

lieved to be 18 or 19 years old, self-immolated at the Kirti Monastery in Sichuan province's Aba prefecture.

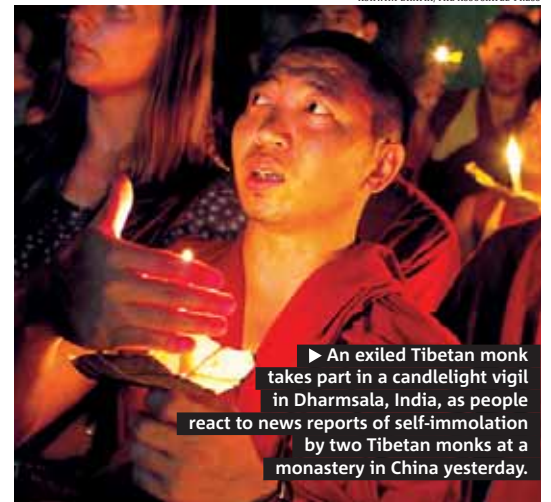
The official Xinhua News Agency said in a brief report that did not identify the monks by name that both were rescued by police, suffered slight burns and were in stable condition.

China has said that religious law requires that the reincarnation of the Dalai Lama be born in a Tibetan area under Chinese control. The Dalai Lama has said his successor could be born in exile and has even floated the idea of choosing his own successor while still alive — perhaps even a woman.

THE ASSOCIATED PRESS

Background

► China reviles the Dalai Lama as a separatist, and wants to pick a pro-Beijing successor. The Dalai Lama insists he is only seeking increased autonomy for Tibet, not independence, and opposes Beijing's involvement in selecting its leaders.



► An exiled Tibetan monk takes part in a candlelight vigil in Dharamsala, India, as people react to news reports of self-immolation by two Tibetan monks at a monastery in China yesterday.



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NEW GOVERNMENT

Myanmar protests allowed — for some

Democracy activists freshly tested the new Myanmar government's avowed tolerance for dissent by gathering peacefully yesterday at a central landmark in the country's biggest city in honour of giant protests four years ago.

Four truckloads of riot police and two prison vans stood nearby, but police did nothing to interfere with almost 60 activists who held a prayer vigil at Sule pagoda in Yangon. However, police harassed or stopped marchers in other parts of the city.

A nominally civilian but army-backed government that took power earlier this year from a decades-long ruling junta said it will liberalize politics but continues to hold about 2,000 political prisoners. **THE ASSOCIATED PRESS**

Saudi woman dares to drive

A Saudi activist will stand trial for defying the kingdom's ban on female drivers, a lawyer and rights advocates said yesterday, revealing clear limits on how far the conservative Muslim land is willing to go to grant women greater rights.

Just a day earlier, King Abdullah, who is regarded as a reformer by Saudi standards, decreed that women would be allowed for the first time to vote and run as candidates in elections for municipal councils starting in 2015. He also promised to appoint women after two years to the Shura Council, the currently all-male consultative body with no legislative powers.

\$400 The prohibition forces families to hire live-in drivers, and those who cannot afford the \$300 to \$400 a month for a driver must rely on male relatives to drive them to work or school.

Activists in Saudi Arabia and abroad welcomed the changes as a step in the right direction, while urging the kingdom to end all discrimination against women. In Saudi Arabia, no woman can travel, work, marry, divorce or live independently without permission from a male guardian.

THE ASSOCIATED PRESS

Libya's new leadership to end state security courts

BELA SZANDELSZKY/THE ASSOCIATED PRESS



► Samia Tahir, a U.S. citizen from Illinois who lived in the city of Tawarga, holds her daughter while waiting to be rescued outside Sirte, Libya, yesterday.

► Libyans press forward to do away with hated remnants of old regime

Libya's transitional justice minister said yesterday that he has approved a measure to abolish the country's state security prosecution and courts, which sentenced opponents of the old regime to prison.

At a press conference in Tripoli, Mohammed al-Alagi, part of Libya's new leadership after the ouster of Moammar Gadhafi, said he has signed a document to disband the bodies. The step still needs to be approved by the National Transitional Council that now runs the country.

"I am personally very happy to sign an approval to end the state security prosecution and court, and the state security appeals court," al-Alagi told reporters.

He said the document includes a request to abolish a third court for special cases where many opposition members were sentenced to life terms in prisons like Abu Salim in Tripoli, where inmates were massacred by Gadhafi's regime.

The justice minister, asked about his response

Food shortage

Hundreds of civilians fled Moammar Gadhafi's hometown yesterday to escape growing shortages of food and medicine.

► They fear their homes will be struck during fighting between revolutionary forces and regime loyalists.

► Anti-Gadhafi fighters launched their offensive against Sirte nearly two weeks ago, but have faced fierce resistance from loyalists holed up inside the city.

to Scotland's request for evidence and witnesses to aid the investigation into the 1988 Lockerbie bombing, said "the case is closed."

He noted that the only man convicted in the case, former Libyan intelligence officer Abdel Baset al-Megrahi, was freed from a Scottish prison in 2009 on compassionate grounds because of illness. The minister said there's no reason to keep dragging the case into court.

THE ASSOCIATED PRESS

Canada extends stay

Canada was there at the start of the NATO-led mission in Libya and intends to be there when it ends, Defence Minister Peter MacKay said yesterday as the House of Commons deliberated an extension to Canada's

role in the mission.

With a Conservative majority, the debate was largely symbolic. The motion passed easily by a vote of 189 to 98, with Liberals supporting the extension. The New Democrats opposed the measure, saying Canada should remain in Libya but with a different mandate. **THE CANADIAN PRESS**



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Netflix lands DreamWorks

► Rising cost of streaming rights is the key reason for increased prices

Netflix unveiled a coming attraction yesterday that its subscribers may like: the Internet video rights to films and television specials from DreamWorks Animation.

The multi-year deal will give Netflix Inc.'s streaming service the exclusive rights to show the latest content from the studio behind Shrek, Kung Fu Panda and Madagascar. But the rights don't kick in until 2013.

Complaints could escalate when Netflix loses the streaming rights to Walt Disney Co. and Starz Entertainment.

But the deal's timing is right for Netflix, which has been reeling from a customer backlash triggered by sharp price increases

Market moment

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and a change to its DVD-by-mail service.

THE ASSOCIATED PRESS

Scan. Bag



► A customer uses a self-serve checkout station at a Big Y supermarket in Manchester, Conn.

JESSICA HILL/THE ASSOCIATED PRESS

Self-serve checking out

A number of U.S. supermarket chains are bagging self-serve checkout lanes in order to allow clerks to help shoppers directly.

Samsung and Apple battle over patents

Samsung asked a Dutch court yesterday to slap an injunction on Apple Inc. to prevent it from selling iPhones and iPad tablets in the Netherlands, saying Apple does not have licences to use 3G mobile technology in the devices.

The legal battle is the latest round in a series of claims and counterclaims of patent breaches by the rival technology heavyweights playing out in courtrooms around the world.

Samsung Electronics Co. lawyer Bas Berghuis told a civil judge that Apple "never bothered to ask about licences" before it started selling 3G-enabled iPhones that use the Universal Mobile Telecommunications Standard (UMTS).

Apple lawyer Rutger Kleemans hit back by claiming Samsung was using the patent dispute to "hold Apple hostage" be-

cause Apple had accused Samsung of copying its iPhone and iPad designs.

Kleemans urged the court to reject the injunction request.

Apple argues that because UMTS technology has been adopted as the industry standard for mobile telecommunications, Samsung is under a legal obligation to offer licences for patents that underpin the standard on "fair, reasonable and nondiscriminatory" terms.

THE ASSOCIATED PRESS

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TRANSIT CAN BE A REAL PICK-ME-UP

SHE SAYS ...

JESSICA NAPIER
METRO



I just don't see the appeal.

Don't get me wrong, I am not a terrible driver — or at least, I'd like to think I'm not. Sure there has been the odd fender bender and one unfortunate speeding ticket when I was 18 but nothing too traumatic. I understand the rules of the road and am certainly physically capable of driving from A to B. I'm just not very fond of it.

When I am behind the wheel, I am permanently on edge. I get heart palpitations at the first sign of inclement weather, and the combination of speeding cabs, weaving bicyclists and jaywalking pedestrians sends my nerves into overdrive. I hate the overly aggressive road ragers and the lost hours spent staring at

break lights in a traffic jam.

I actually prefer taking public transportation, even on its slowest, smelliest and most uncomfortable days. Not because I can't afford to drive, or because I am an environmental crusader, but because, for me, it's just so much easier.

Sitting on a bus or train gives me time to myself; time to sleep, to read and to stare inappropriately at attractive strangers. Public transit is empowering — bus drivers don't care when I'm intoxicated and they let me check my phone for text messages whenever I want.

As a non-driver, I am exempt from all of the monetary costs associated with car ownership. I don't have to worry about repairs or parking and I admittedly have no concept of how

much car insurance costs (but I hear it's horrendous). And while the occasional fare increase will irk me for a month or two, it is nothing compared to the daily emotional roller coaster that results from the fluctuation of crude oil prices.

I know mass transit isn't always the fastest or most convenient way to travel, and I'm not immune to the eye-rolling frustrations of yet another late bus or stalled train. But most of the time I can breathe deeply and get over it because I want to believe that the benefits of communal commuting outweigh the negatives.

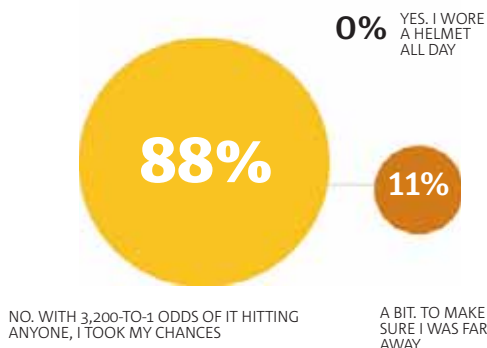
Riding transit might make me more dependent at times, but it is also blissfully liberating in so many ways. For us anti-automobile folk, freedom is a monthly pass and a good book.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

Did you follow the falling satellite?



Letters

RE: Listen, you don't want to upset this teacher, published Sept. 22

Mazerolle's article was so badly executed it ended up being not only offensive, but contradictory.

First, I took offence to the implication that teachers must inspire fear, especially fear of bodily harm, to be respected, and that "the nice ones who wanted to help" lacked strength and would "[crumble] like [...] Wagon Wheels." If the writer's intention was to direct attention to the current plight of teachers, these characterizations did little to support and much to undermine those hard-working idealists who become teachers because they "wanted to help."

Secondly, the line about what teachers "do best: pushing you up a grade regardless of merit" the writer has again cast teachers as the hapless pawns of a production line school system.

This negative characterization was further advanced in the final line: "let's open our books to Megan Fox". This implied a kind of uselessness in education.

AMANDA CAMERON, VANCOUVER

Blind. Photog



MARCO UGARTE/THE ASSOCIATED PRESS

Photo of the day

Hernandez is one of 30 visually impaired or blind people learning photography with the help of the Mexico City foundation Ojos Que Sienten, or Eyes That Feel.

WEIRD NEWS

Finally! A fish tank that fits in your pocket!

Introducing the world's smallest aquarium. Made of fibreglass and measuring just 3 centimetres wide by 2.4 cm high and 1.4 cm deep, it can rest on the palm of your hand. With two teaspoons of water inside, this tank boasts living algae and even contains miniscule baby danio-erio fish.

Hailing from Omsk, Russia, nimble-fingered miniaturist Anatoly Konenko and his son Stanislav made this in



► An itty-bitty fish tank

three weeks. The 57-year-old was the first in Siberia to create what he calls "microminiature" art. He claims to have invented the technology of writing on very small grains of rice.

In 1996, Konenko was recognized by Guinness for the world's smallest book — at 0.9 millimetres by 0.9 mm.

● METRO WORLD NEWS



► Daniel Craig and Rachel Weisz are a happily married New York City couple seeking a simpler life in New England in Dream House.

2 scene

Scene in brief



Taylor Lautner received a noisy welcome at the European premiere of his latest film Abduction. He met fans at the British Film Institute's IMAX screen in London last night. A Facebook campaign ensured he'd promote the movie in the U.K., with more than 79,000 supporters "liking" the page on the site.

THE ASSOCIATED PRESS



E-Street Band guitarist Van Zandt says Springsteen plans to decide future after Clemens death.

Director up in the clouds

► Jim Sheridan tries to capture the intangible in his work ► New film Dream House is a psychological thriller that's a departure from his typical character drama fare



RICHARD CROUSE
SCENE@METRONWS.CA

Shortly into my conversation with Irish filmmaker Jim Sheridan I begin to understand what his daughter Kristen meant when she said her father "exists up in the clouds. In order to communicate with him, you have to go up into the clouds yourself."

When I mention the quote to the Dream House director he laughs and tries to explain.

"I think that's probably true in relation to the way I approach actors and sto-

ry. I know directors like Tim Burton or David Fincher, they're very structured visually. Then there's the approach that says, 'It's emotional over here.'

But emotions are invisible and it's hard to catch the invisible. Trying to catch the invisible is very interesting because it's just something that happens in front of you rather than something that has happened, as Hitchcock said, and then I'm only shooting it."

A scheduled 10 minute interview stretches into 35

minutes as the three time Oscar nominee chats amiably about the movies he thinks will eventually become classics — "the poetic ones that don't make as much sense" — on artistic vision — "it's a product of interior emotion" — the meaning of the Kubrick film 2001 — "it's a baptism!" — and, of course, his new movie.

In Dream House real life newlyweds Daniel Craig and Rachel Weisz are Will and Libby, a happily married couple who leave New York City for a simpler life in New England.

Of course, this is a thriller, so their hopes for a happy life are dashed when they discover their new home was the site of a grisly murder.

"It's a genre piece," he says.

"It's a psychological thriller with horror overtones and detective story overtones, but essentially, deep down it's a love story. It's in the vein of A Beautiful Mind and Shutter Island. We've made the kind of movie with thriller and horror elements, but women will like it."

Sheridan may exist in

the clouds, but he is realistic about the state of the movie business. The kind of character dramas that made him famous are harder to get made these days.

"One day, I don't know what day it was, maybe a Thursday, about a year ago, everybody decided you couldn't make a drama anymore," he says. "I think there was a surfeit of independent movies when there was a surfeit of money," he says. In Ireland we built too many houses, in America we made too many movies."

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MJ's kids may take the stand

► Case into the death of the late singer is looming

Michael Jackson's two oldest children, Prince Michael and Paris, are reportedly eager to take the stand in the manslaughter case of Dr. Conrad Murray, the man accused of causing the pop star's death, according to Radar Online, but their grandmother, Katherine Jackson, is resisting the idea.

"She knows how traumatic it would be for them, but both Prince Michael and Paris have said they want to tell the jury what they saw on the day their father died," a source says, adding that Michael's sister, La Toya Jackson, isn't opposed to



► Michael Jackson

the idea.

"La Toya has said it would be good for the children to 'get what is inside them out of them.' She feels it is a way for them to release the hurt. Above all

though, she believes her brother was murdered and what Prince Michael and Paris could tell the jury would inevitably help convict the doctor."

● METRO

Celebrity tweets



#India is beautiful, but some parts are very poverty stricken. Broke my heart to see babies sleeping on the streets



@ParisHilton



@ConanOBrien

You know you're getting older when you throw out your back while buttering scones.

@RedHourBen

This is great I am actually losing followers. Lets get down to 1,000,000!



Wills just can wait to be king

Prince William, who is second in line to the British throne, admits its current occupier shows no signs of stepping aside, according to the Daily Mail.

"We do hint at taking some things off her, but she won't have anything of it," he says of his 85-year-old grandmother, the Queen of England.

"She'll want to hand over knowing she's

done everything she possibly could to help, and that she's got no regrets and no unfinished business."

As for his own future on the throne?

"As I'm flying along in my helicopter through the mountains of Wales, I try desperately hard not to think about it," says William, who is a rescue helicopter pilot.

"That can wait until I'm a bit older."

● METRO



Prince William



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Kobus and Danita Steyn are the proud owners of United Dental Lab.

UNITED DENTAL LAB IS REBORN

LOCAL DENTAL LAB SEES WORK COME IN FROM RIGHT ACROSS THE COUNTRY

While the name remains the same, much has changed and not changed at

United Dental Lab (UDL). The commitment to exceptional work remains the same at the Oxford Street-based business, while the interior has undergone a fresh facelift.

The interior decor now features bright wall colours, new cabinets and a general feeling of change.

"We wanted each person at United to know that they are important to us," says co-owner Kobus Steyn. "The new look of UDL was chosen and designed with this purpose in mind. We respect you, we value you, you are important to UDL and you make a difference. We believe that if you believe in people and you show them that you

do, they will prove you right and that is exactly what has happened."

Steyn and his wife Danita recently took over ownership of the business and the employees have been very enthusiastic about the changes made. Inside the UDL walls, an atmosphere of happy employees and dedication to customer satisfaction permeate the air.

In business for 17 years, UDL employs 33 people and is broken into seven small boutique departments which work on different dental products: dentures, cast partials, crown and bridges, ceramics, orthodontics, implants and combination cases.

"Local work is picked up and

delivered by two drivers," says Steyn. "Work from across the Atlantic Provinces and elsewhere in Canada is shipped to UDL by couriers of service at UDL's cost. Our turnaround time for most work is shorter than other labs."

One of the things Steyn is proudest about in his other practice in Grande Prairie, Alberta - where the couple spent the last 12.5 years working - is that a case has never left the lab late since the business began.

This same commitment to professionalism is no different at UDL and the company looks forward to working with both existing and new clients.

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NEW LOOK AND FEEL PRESENT AT UNITED DENTAL LAB

**WHEN THE OWNERSHIP
OF A COMPANY CHANGES
HANDS, THE EFFECTS
OFTEN AREN'T VISIBLE TO
THE NAKED EYE.**

That isn't the case with United Dental Lab (UDL). A quick walk through the facility on Oxford Street reveals a significant change in the esthetics of the facility.

With lots of natural light flowing through the facility, the walls are painted bright colours and the environment has a very modern and pleasing look to it.

The importance of the esthetics of the work environment is something that isn't lost on new owners Kobus and Danita Steyn.

"Your surroundings can make you feel important and worthy and feed your self-respect," says Danita. "We wanted to show the UDL team we appreciated them, we respected them and we wanted give them the best

THE FUTURE OF IMPLANT DENTISTRY?

There's a lot of talk these days concerning the use of zirconia in dental implants. Zirconia is best known as the element used to simulate diamonds, but its use in dental implants is very promising for a number of reasons, including its durability and colour.

"Zirconia is the new buzzword now because with the price of gold being so expensive, zirconia happens to be one of the most found elements in the world," says United Dental Lab's co-owner, Kobus Steyn.

looking place and environment to work in."

It is often said that a happy employee is a productive employee. With its renovated facility, UDL has made an investment in its employees, which is also an investment in the quality of work they will be doing for their customers.

As W. Clement Stone once said: "You are a product of your environment. So choose the environment that will best develop you toward your objective. Analyze your life in terms of its environment. Are the things around you helping you toward success - or are they holding you back?"

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Enrico Steger, the founder of Zirkonzahn® and inventor of the Prettau® Bridge, congratulates Kobus and Danita Steyn on their Grand Re-Opening of the United Dental Lab!

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United Dental Lab (UDL) is well equipped to handle all of people's dental care needs. With experienced employees who are committed to upgrading their skills, UDL is ready to take on the task.

"We're really excited to help people," says lab manager Dan Watters.

With its seven boutique depart-

ments, UDL is able to help clients of all ages with their dental needs, be it dentures, cast partials, crown and bridges, ceramics, orthodontics, implants and combination cases.

Using the latest technology with employees trained in the most up-to-date practice methods, UDL has earned a reputation as a top-quality provider

of dental care products.

Besides the traditional dental care products, an emerging practice area is the use of dental care products in treating sleep apnea. The traditional solution to sleep apnea was to use a continuous positive airway pressure (CPAP) machine. However, in mild to moderate cases of sleep apnea, it

INCREASING THE KNOWLEDGE BASE

Staying abreast of the latest industry trends and staying up to date on the latest production methods is a cornerstone of the operation at United Dental Lab (UDL). As part of that, the UDL team is committed to bringing in guest speakers for dental industry professionals.

On Nov. 4, Dr. Steve Rasner will be speaking at a one-day workshop on how dental practices can achieve extraordinary levels of success.

"This is the first of many more," says Kobus Steyn, the co-owner of UDL.

is possible to use a dental solution instead.

"You can wear what they call a mandibular advancement appliance," says Watters. "It's an upper and lower appliance and when you put them in, they lock together. What they do is they bring the lower jaw forward and all the soft tissue that collapses when you snore gets pulled forward also. Basically, what it does is it holds the airway open."

To learn more about UDL's services, call 423-7922 or visit its office at 3020 Oxford St.

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NOT YOUR AVERAGE LAB

With a staff size totalling 33 people, one might perceive United Dental Lab (UDL) as a large operation. Co-owner Kobus Steyn doesn't see it that way.

"We don't really see this as a big lab," he says of the 17-year-old business.

UDL is in fact set up as seven small labs and has four or five trained professionals working in every department.

These departments include ceramics, orthodontics and dentures.

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A company must be willing to change faster than the world around it. You either do what's necessary to remain the best at what you do, or you don't get to do it for very long.

Since taking ownership of United Dental Lab on June 15, owners Kobus and Danita Steyn have been leaving their mark on the business.

HOME SWEET HOME, BOTH OUT WEST AND ON EAST COAST

For Kobus and Danita Steyn, returning to Nova Scotia is a homecoming. Originally from South Africa, the two immigrated to Canada 13 years ago and lived in Halifax for the first six months.

However, an excellent business opportunity was available in Grande Prairie, Alberta, so the married couple of 31 years made the decision to leave,

a decision which was not made lightly. "It was a difficult departure, but we did it because we had the goal and the hope to one day return to this province, a province we held so dear to our hearts," says Kobus.

During the first six months the pair spent here, Kobus was working at United Dental Lab. He stayed in touch with the owners of the business and would speak to them about once a year. There was always one question he would ask them: Are you interested in selling the business?

The answer was always no, but that changed about two years ago. Fast forward to June 15 of this year and the Steyns arrived to take ownership of the business.

While the two have also lived in Ireland, England and Australia, Halifax is the city they choose to call home.

GREAT STAFF MEANS EXCEPTIONAL WORK

At United Dental Lab (UDL), the quality and longevity of its staff are two of the reasons they produce the exceptional work they do.

"Quite a few of the staff have been with UDL since it started 17 years ago," says co-owner Kobus Steyn, who just purchased the company recently.

Using the example of the three denture technicians, they have more than 100 years of experience combined at their craft.

Steyn says the staff take courses to continuously upgrade their skills and stay on top of the latest industry trends.

Part of the training program includes cross training for other responsibilities.

"All of our staff are trained to not only work on their specific area of expertise, but they are cross trained in all of the other departments as well," says Steyn.

With a cross-trained staff, it ensures

that the production process flows smoothly, regardless of whether an employee is off sick or on holiday.

"We have people who can stand up and do the work," says Steyn.

For customers, this means jobs are done on time as scheduled and with the same level of exceptional quality they are used to receiving from UDL.

"We don't believe in mass production and all of our work is stamped with pride," says Steyn.

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Tasteful decoration is on full display at United Dental Lab.

MAKING THE RIGHT DECISION

After 12.5 years of being away from Halifax, Kobus and Danita Steyn don't have any regrets about their decision to return to Halifax.

"We always wanted to come back," says Danita, who along with her husband, own United Dental Lab on Oxford Street.

For the past 12.5 years, the two were operating a dental lab in Grand Prairie, Alberta, a small city in Alberta about five hours northwest of Edmonton.

The two say that Halifax is the city where they finally feel at home and there are many things they love about it, including how a short drive outside of the city can lead to a fascinating excursion with the many small shops and beautiful scenery that dot the landscape. Of course, the ocean is another attraction. The camaraderie and closeness of Nova Scotians is another thing the two cherish.

Not surprisingly, the friendliness of the people is another factor. At their dental lab in Grande Prairie, they were always astonished by the friendliness of dental professionals they had met who had studied at Dalhousie University.

While Halifax is not generally regarded as a central place, Kobus sees it as being such.

"You can fly to Europe," he notes, "you can fly to New York."

KOIS APPROVED

As part of staying on top of industry trends, United Dental Lab's co-owner Kobus Steyn has trained at the U.S. based Kois Center. The Kois Center is recognized as a leading training facility to stay on top of advances in esthetics, implant and restorative dentistry.

The Kois Center also uses the latest technology to help with the learning process, such as using computer animation and live video demonstrations.

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Argen Canada would like to congratulate Kobus & Danita Steyn (the new owners of United Dental Lab) on their new endeavor.

We wish you all the best of success!

3 life

New study shows



1

... drink a day was linked to greater overall health in older women in a study conducted by the Harvard School of Public Health. Women who had one a day at the age of 58 had a 20 per cent chance of "successful" ageing. ● METRO



Is breastfeeding undermined when hospitals provide free formula?



► As the sun dips earlier and we spend less time outdoors, it's time to think about other sources of vitamin D. Fatty fish is our best natural source: think salmon, mackerel, sardines and tuna. And then there's our grandmothers' grimace-inducing favourite: cod liver oil.

Goodnight sun: why vitamin D is critical

► New study shows links between serious mental illness in kids and vitamin D deficiency



CELIA MILNE
LIFE@METRONEWS.CA

Vitamin D — the sunshine vitamin — got another thumbs-up recently.

A small study in Oregon found that children with serious mental illnesses are more likely to be deficient in vitamin D than children with good mental health. Researchers at the Oregon Health & Science University, led by Dr. Keith

Cheng, tested vitamin D levels in 67 children (ranging from seven to 17) in a psychiatric hospital. The children had illnesses including anxiety disorder, autism, disruptive disorder, mood disorder and psychotic disorder. They compared these to children in the general, healthy population.

Vitamin D deficiency was found in 21 per cent of the inpatients, compared with only 14 per cent in

healthy children. This is not enough evidence to say low vitamin D causes mental illness, but the subject is worthy of further study, said the authors.

This is a good reminder to Canadian parents that vitamin D is important, especially in the fall and winter months, when children get less sun. Recognizing this, the government has raised the recommended daily allowance (RDA) for chil-

dren.

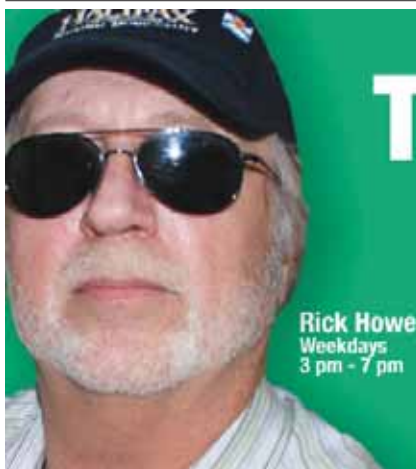
"As we go into October 2011, I am thrilled that the RDA for children has gone up three-fold, compared to October last year," says Dr. Reinhold Vieth, director of the bone and mineral laboratory at Mount Sinai Hospital and a professor at the University of Toronto.

"Official government agencies are advising parents to provide children with 600 I.U. vitamin D as the average daily supply,

and I think that is excellent basic advice."

Vieth notes that Vitamin D helps prevent rickets and may lower the risk of influenza or allergy. Some research shows vitamin D boosts mood and reduces risk of depression.

"Modern lifestyles are generally sun-avoiding," he warns. "Of course there is also less vitamin D-forming UVB sunlight available the farther north one goes."



Rick Howe
Weekdays
3 pm - 7 pm

They beg to differ.

News 95.7

ALL NEWS RADIO



Jordi Morgan
Weekdays
8:30 am - 12 pm

Participants Needed For Vaccine Research

A clinical trial is a research study done to see if a new drug or vaccine to prevent or treat disease is safe and effective for people to use. At the Canadian Center for Vaccinology, based at the IWK, we do studies of new vaccines to prevent infections like meningitis and pneumonia.

We are looking for volunteers who may be interested in participating in future vaccine studies.

We are looking for pregnant women, infants, children and adults of all ages.

We would like to collect your name, contact information and vaccine and medical history to be added to our participant database. When a study is ready to begin, you may be contacted to see if you are interested and eligible to participate in the study.

Your name will be kept in our confidential participant database that is only accessible to members of the Canadian Center for Vaccinology. Your name or contact information in our participant database will not be given out to any other organization. You do not have to take part in any study you do not want to; if we contact you to ask you to participate in any study, you can tell us whether or not you are interested at that time.

To thank you for your willingness to be part of our participant database and to possibly be contacted about future studies, your name can be entered into a draw for a grocery store gift card.

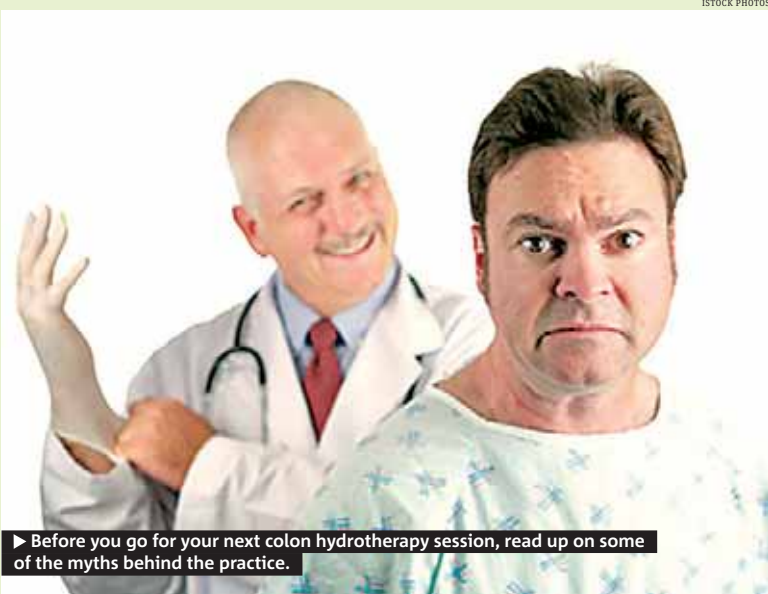
Please consider supporting this valuable research by volunteering to be part of our participant database.

For more information about volunteering, please contact:
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Darlene.Baxendale@iwk.nshealth.ca



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Best Health Minute



BONNIE MUNDAY, EDITOR-IN-CHIEF,
BEST HEALTH MAGAZINE

lose weight and be healthier. But as our writer, Lesley Young, found out, there are some myths — and some truths. Here are just a few:

Myth #1: "It prevents constipation." No, it doesn't. It can relieve it temporarily, but only when other routes, such as dietary changes, don't work.

Myth #2: "It helps you lose weight." Any pounds that might be lost are gained back right after the procedure, as soon as

you resume eating and drinking.

Myth #3: "It permanently rids us of bad bacteria." There's a balance of good and bad bacteria in our colon, and a colonic removes both kinds temporarily. Then, both repopulate soon afterward.

For four more myths and truths about colonics, go to besthealthmag.ca and type in the search word "colonics."

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Middle Eastern delight

► Chef Abod Café offers up an impressive menu of Middle Eastern dishes in the former home of Jimmy's Homestead ► The food is fresh and delicious

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



From cooking for a Saudi prince to the kitchen of Halifax's Turkish Delight to Chef Abod Café on the busy industrial Kempt Road, Chef Abod gets around.

In the former home of Jimmy's Homestead, this charming chef has an impressive menu of Middle Eastern dishes and food of other cultures.

The Special Appetizer Plate (\$9.99) is a large, beautiful presentation of Middle Eastern dishes — hummus, baba ghanoush, roasted red pepper dip, red lentils, two rolled

► **Chef Abod Café**
3217 Kempt Road
455-3881
Price Range: \$\$
Lunch with co-workers: Yes
Quick Solo Lunch: Yes
Rating: 3.5 out of 5

grape leaves and two falafel balls.

Everything tastes fresh with a nice balance of garlic and lemon and a hint of spice.

The plate is garnished with radish and lettuce and is accompanied by a basket of warmed pita bread. It's delicious and filling.

The Chicken Burrito (\$9.99) has good flavour and lots of spice, accompanied by a green salad.

Despite several tempting desserts, we'll save those for another day.



► Special Appetizer Plate (\$9.99)

Almond Chocolate Chews

THE CANADIAN PRESS/HO

Ingredients:

- 500 ml (2 cups) butter-scotch chips
- 500 ml (2 cups) chocolate chips
- 250 ml (1 cup) raisins
- 250 ml (1 cup) cranberries
- 375 ml (1 ½ cups) salted pretzels, broken in half
- 500 ml (2 cups) whole almonds, dry roasted (or substitute whole almonds, salted)



Preparation:

- 1 In a large double boiler or large bowl over gently simmering water, melt butterscotch and chocolate chips for about 10 minutes.
- 2 Once melted, turn off heat. Add raisins, cranberries, pretzels and almonds. Gently stir, making sure no water gets into the bowl.
- 3 Drop teaspoonfuls onto wax paper-lined cookie sheet.
- 4 Refrigerate until set, about 30 minutes. Makes 3 dozen.

RECIPE COURTESY OF
TRISH MAGWOOD FOR
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A new twist on crème brûlée

► This version of the classic dessert includes tarragon cream and a fresh berry topping ► Can be made ahead of time for dinner parties and events

Preparation:

- 1 Preheat oven to 160 C (325 F). In a saucepan, combine cream, butter-milk, 50 ml (¼ cup) of the sugar and lemon zest; heat over medium heat until steaming. In a bowl, whisk together 50 ml (¼ cup) of the sugar, eggs and egg yolks until pale. Gradually whisk in heated cream mixture in a slow steady stream; whisk in vanilla.
- 2 Strain through a fine-mesh sieve into a liquid measuring cup with a pouring spout. Pour evenly into six 175-ml (¾-cup) or eight 125-ml (½-cup) ramekins or crème brûlée dishes.
- 3 Set ramekins in a roasting pan and place pan in oven. Pour in enough boiling water to come three-quarters up sides of ramekins. Bake for 35 to 40 minutes until tops are firm and centre is slightly jiggly. Let cool on rack. Cover loosely and refrigerate for

Ingredients:

Crème Brûlée

- 375 ml (1 ½ cups) whipping cream
- 125 ml (½ cup) buttermilk
- 125 ml (½ cup) granulated sugar, divided
- 5 ml (1 tsp) grated lemon zest
- 2 eggs
- 2 egg yolks
- 10 ml (2 tsp) vanilla

Tarragon Cream

- 125 ml (½ cup) 35% whipping cream

- 22 ml (1 ½ tbsp) liquid honey
- 15 ml (1 tbsp) chopped fresh tarragon
- 7 ml (1 ½ tsp) grated orange zest

Topping

- 75 ml (⅓ cup) granulated sugar
- 375 ml (1 ½ cups) fresh blackberries or raspberries
- Fresh tarragon sprigs (optional)
- Fresh cracked black pepper (optional)

about 2 hours, until chilled, or up to 2 days.

- 4 Tarragon Cream: In a chilled bowl, using an electric mixer, whip until cream is thick. Beat in honey, tarragon and orange zest until soft peaks form; set aside.

- 5 Topping: Preheat broiler, if using. Blot top of custards dry with paper towel. Sprinkle evenly

with a thin layer of the remaining sugar. Broil on a baking sheet, rotating ramekins as necessary, or use a torch until sugar is bubbling and caramelized. Let cool for 3 minutes. Place berries evenly on top and dollop with Tarragon Cream. Garnish each with a tarragon sprig and black pepper, if desired.

THE CANADIAN PRESS

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LESLEY SCORGIE
MONEY@METRONEWS.CA



When I was 21 I bought my first house. I'd worked hard over four years to squirrel away enough money for a small down payment. Before too long, however, I ran right into an extremely common trap: home poverty. Basically, all I could afford was my house! It took eight months for my monthly cash flow to 'level out' and finally feel like I had two nickels to rub together again.

Home poverty happens when after the mortgage, insurance and utilities are paid, there's little money left over for RRSP contributions, home maintenance, car repairs, vacations, etc. A

person's cash flow is further jolted with the initial costs of moving expenses, legal fees, closing costs, cleaning supplies and much more.

Avoid feeling house poor by preparing for home ownership well in advance of buying. Figure out what you can afford based on your current income, not what you hope your income will be in the future. Use online mortgage calculators (available through any bank) or talk to a mortgage broker.

If your credit score is in good shape, banks will approve a mortgage amount that translates into monthly housing payments (mortgage, insurance, taxes and heating combined) that are less than 32 per cent of your gross monthly income.

Just because you can qualify for a huge mortgage doesn't mean you should take one! Less debt almost always translates into less stress.

Slow and steady wins

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Jack, the three-year-old Warren Buffett wannabe, is in an investing mood now that he has a few thousand in his RESP.

Actually, truth be told, it's his Nana (me) who is hoping to channel him in this direction. But what should he (his parents) buy for his fledgling education account to ensure any post secondary studies are as debt-free as possible?

Last week I wrote about the issues parents face in **GIC rates are rock bottom low but still a good bet for education savings.**

-ALISON'S MONEY RULE

terms of savings choices. RESP? TFSA? RRSP?

Because the government tops up RESPs with a 20 per cent grant on the first \$2,500 contributed, I suggested his parents focus savings efforts here, at least until they achieve that \$2,500 mark to receive the maximum grant.

The other option is to contribute some to RESPs and some to RRSPs, then take the tax refund and plunk it in the RESP.

But how should they invest the money? Banks, where you open RESP accounts, want to sell mutual funds, most of which charge high fees.

Also, as we've seen with the latest incarnation of market volatility, equity (stock) mutual funds are offering little joy and much risk these days.

Let's say Jack persuades Mom and Dad to invest with the tortoise rather

than the hare — i.e. GICs rather than the stock market. After 15 years, assuming they achieve a four per cent average annual compounded rate of return over time — that's the GIC return plus reinvested income — he will have nearly \$62,000 for his post-secondary education.

Boring, yes. Safe? Oh yes. The government gives you a 20 per cent return annually on any money contributed up to \$2,500. This means you don't need to take any risks at all.

One complication is that most banks have a minimum GIC amount, usually \$5,000. But Jack can wait until he has that in his RESP before he directs his parents to buy a GIC and then roll it over annually with the additional contributions added in.

Another issue is rock bottom rates. Go for third party GICs offered by other



Learn to raise the next Warren Buffett.

financial institutions at your bank. Rates are higher, though the minimum investment might be also.

Here's an example: CIBC's one-year GIC pays 0.9 per cent annually but the bank offers three GICs from other institutions paying just over 1.7 per cent.

CONTACT ALISON AT GRIFFITHS.ALI-SON@YAHOO.COM. YOU CAN PRE-ORDER HER NEW BOOK, COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY AT ALISONGRIFFITHS.CA.

THE RIGHT TIME FOR CHIVALRY

CHARLES THE BUTLER



ASKCHARLES
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CHARLES
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Dear Mr. Butler, I would value your opinion on a point of etiquette/respect. I'm in my mid-30s, but it has usually been my practice to rise when women enter or leave the room, or arrive at or leave the table during meals. The only real exception to this has been for very close friends and family who would be embarrassed by the gesture. How should I respond when a woman insists that this gesture of respect for their sex is unnecessary, that I remain seated? Also, should one dispense with the practice when the woman is constantly moving to and from the table or the room, while serving dinner or otherwise going about her hostess duties? Aron

Dear Aron, The custom of a gentleman standing every time a woman enters the room



Don't forget: Etiquette is all about making others feel comfortable in social situations.

and/or stands at the table is rarely practised in today's modern world, but does remain common in formal social situations. Remember that etiquette is all about making others feel comfortable in social situations. Therefore if a woman asks you to please stop standing for her, I would respect her request. It also is

neither necessary nor appropriate to keep standing for a hostess who has to come and go from the table while she is serving her guests. Bravo for being a gentleman, and one thing I am absolutely sure about is that chivalry is not dead!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: Negative news provides a drag on the market.

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THE MONTREAL CANADIENS SIGNED DEFENCEMAN CHRIS CAMPOLI TO A \$1.75-MILLION US, ONE-YEAR CONTRACT YESTERDAY.

THE TORONTO NATIVE HAD 21 POINTS IN 77 GAMES WITH OTTAWA AND CHICAGO LAST SEASON.

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Marchand hungry for more

► Hammonds Plains native recently signed a two-year deal with Bruins totalling \$5 million US



PHILIP CROUCHER
@METRONEWS.CA

Agitator. Pest. Rat.

These are all words used to describe Boston Bruins forward Brad Marchand. And the 23-year-old Hammonds Plains native knows he's deserving of them and makes no apologies for it.

But as he gets set to enter his second full season in the league, Marchand is hoping some new words can eventually be used to describe him as an NHL player.

Maybe more flattering ones like sniper, or even star.

"I want to work more this year on being an offensive threat than the pest game," Marchand said. "(The pest) was a way to kind of make a name for myself to get into the league, but now that I'm here, I want to improve on my numbers and be a better player."

Marchand showed his capabilities on offence during last year's Stanley Cup playoffs.

He set a Bruins rookie record with 11 playoff goals and finished with 19 points in 25 games.

Add that to a first full regular season total of 21 goals and 41 points and it's easy to see why a 30-

3

Points Brad Marchand has amassed in two preseason games. That total includes two goals.

goal campaign in 2011-12 isn't out of the question.

"That would definitely be nice. I don't know if it will be in the cards," Marchand said of reaching 30 goals. "I'm just going to go out and work hard every game and hope for the best."

Better offensive production isn't the only thing on Marchand's mind. The former Halifax Mooseheads forward also wants to put more emphasis on his defensive game while still being that player who has mastered the skill of getting under the skin of opposing players.

Through it all, Marchand knows a lot of people will be watching him to see if he can build off last year's success and help Boston repeat as cup champions.

For his part, Marchand appears ready for the challenge.

"After getting that high, you just want to chase it again," he said. "That's how I feel. I want to chase the cup again."



► Boston Bruins forward Brad Marchand in action during Sunday's NHL exhibition game against the Montreal Canadiens at the Halifax Metro Centre.



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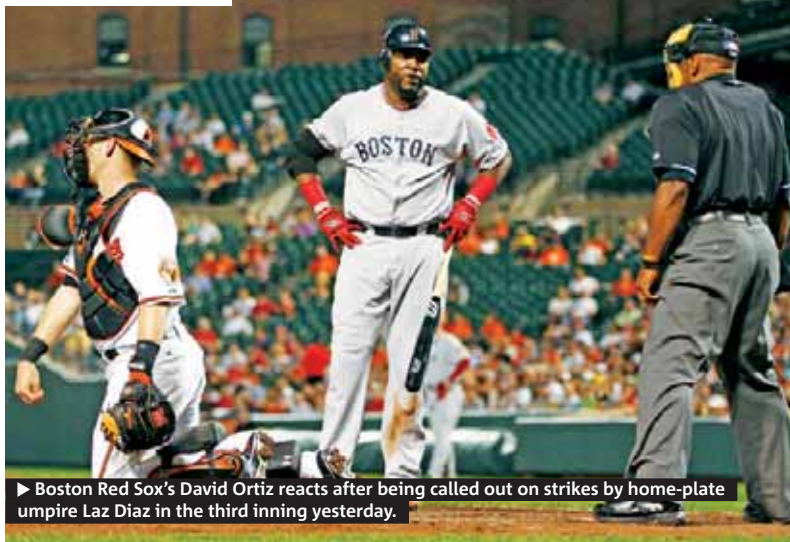
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Losing. Argument



► Boston Red Sox's David Ortiz reacts after being called out on strikes by home-plate umpire Laz Diaz in the third inning yesterday.

PATRICK SEMANSKY/THE ASSOCIATED PRESS

Sox drop into wild-card race tie

The Boston Red Sox found another way to lose, this time on a broken-bat single and an inside-the-park homer, and their 6-3 defeat against the Baltimore Orioles yesterday night dropped them into a tie in the AL wild-card race with the Tampa Bay Rays.

Crosby making strides toward contact drills

► Penguins star hasn't been officially ruled out for Oct. 6 opener ► Not expected to play in this week's games

Sidney Crosby believes he is getting closer to being cleared for contact.

The Pittsburgh Penguins' star was pleased after going through another trouble-free practice yesterday, a day after taking part in a scrimmage in which hits were banned.

"Obviously, the more good days you have, the nearer you get, and, hopefully, we'll get there shortly," said Crosby, who is recovering from a concussion that occurred more than eight months ago.

Crosby hasn't played since Jan. 5. It seems highly unlikely he will be ready to play in the season opener as he has yet to take part in any contact work.

Crosby sat out the Penguins' three pre-season



► Sydney Crosby

games last week and isn't expected to participate in any of the three this week.

While Crosby skips any training camp scrimmaging that includes contact, he has looked fast and in shape while going through his regular on-ice work. He has been jostled during some drills, but has reported none of the concussion-related symptoms, including headaches, that

Concussion

► Crosby was on pace for his best season production-wise with 66 points in 41 games before he absorbed two hard hits in a span of five days in early January.

► He was subsequently diagnosed with a concussion that affects the vestibular system, the part of the brain that controls a person's movement and balance.

bothered him for months after he was hurt.

"Right now I feel good," Crosby said. "When it's ready to get that point (contact), I want to make sure I'm comfortable and confident." THE CANADIAN PRESS

Parisien cut as Moose set over-age roster spots

PHILIP CROUCHER
@METRONEWS.CA

And then there were three. The Halifax Mooseheads have finalized their over-age positions by releasing 20-year-old defenceman Jonathan Parisien yesterday.

That leaves three forwards as Halifax's 2011-12 overagers — Travis Randell, Alexandre Grenier and Cameron Critchlow.

"It's always a tough decision cutting guys, especially at this time of year," said Mooseheads general manager Cam Russell. "We just felt with seven (other) defencemen that can all play, and we have good skill up front but they're young — we felt we needed the three older guys up front to help the young guys."

The last 20-year-old spot appeared to be a battle between Parisien and Randell,



► Jonathan Parisien

with Randell seemingly getting the upper hand after dressing the last two games for Halifax, while Parisien was a healthy scratch.

Halifax started the season with four overagers — one above the league limit — because Grenier missed the first four games of the QMJHL season while attending the Vancouver Canucks training camp.

"Grenier is supposed to

Next game

The Halifax Mooseheads (3-3) return to action Friday when they take on the Cape Breton Screaming Eagles (4-3) at Centre 200 in Sydney (Eastlink, 7 p.m.).

come in here and put up numbers for us. He's a third round pick in the NHL. So, we're expecting him to score some goals," Russell said. "Then the other two guys are more defensive specialists — put those two on a line and they should be an excellent shutdown lines."

Halifax still owns the rights to Parisien, and the team is trying to find the 20-year-old a place to play, but, Russell said, "it's getting harder and harder for guys to find jobs" with Lewiston out of the league.

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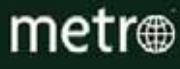
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AUCTION

In accordance with the Warehouseman's Lien Act, there will be sold by public auction the abandoned properties stored at Storage Inn Self Storage, 3490 Prescott St., Halifax, N.S. The auction will take place on **Wed. September 28, 2011** starting at 10:30 am at 3490 Prescott Street, Halifax, N.S. and at subsequent sales until sold.

The personal effects and belongings of the following tenant will be sold:
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WANTED



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Place your ad in
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FOR SEPTEMBER 26TH

Britney Spears - I Wanna Go
Pitbull ft Marc Anthony - Rain Over Me
Lady Gaga - You & I
Alyssa Reid - The Game
Foster The People - Pumped Up Kicks
David Guetta ft Flo Rida - Where Them Girls At
Anjulie - Brand New Chick
Maroon 5 - Moves Like Jagger
Bad Meets Evil ft Bruno Mars - Lighters



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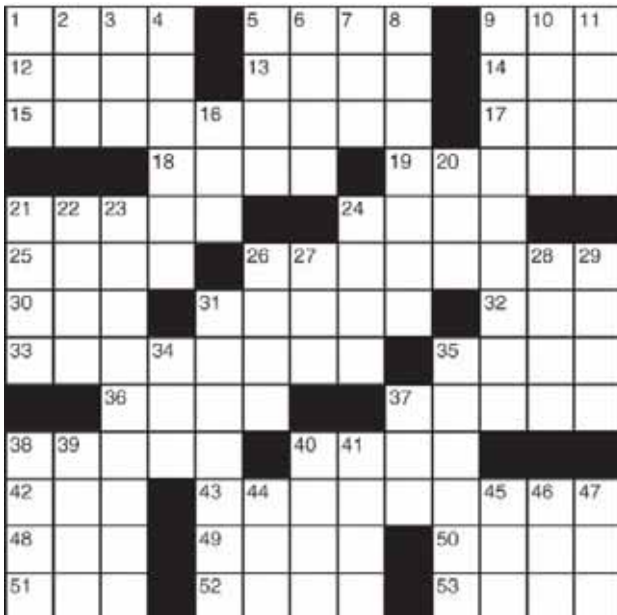
Crossword

Across

- 1 Sit and smile
- 5 Dandies
- 9 Cauldron
- 12 Windows alterna-
- 13 Laugh-a-minute
- 14 Japanese sash
- 15 Stockholder's col-
- 17 Disencumber
- 18 Tatters
- 19 Stylishly dressed
- 21 Settle a loan
- 24 Opulent
- 25 Love deity
- 26 They have lots to
- 30 Melody
- 31 Hackneyed
- 32 Allow
- 33 Went back over
- 35 Waiter's handout
- 36 Charged bits
- 37 Range rover?
- 38 Eighth Greek letter
- 40 Shipbuilding wood
- 42 Rowing need
- 43 Characterization
- 48 Hearty quaff
- 49 Ms. Brockovich
- 50 Comical Carvey
- 51 Two, in Tijuana
- 52 Old portico
- 53 "Agreed"

Down

- 1 Little pooch
- 2 John's Yoko
- 3 Knightly address
- 4 Crowd-scene actors
- 5 Kermit, for one
- 6 Artworks

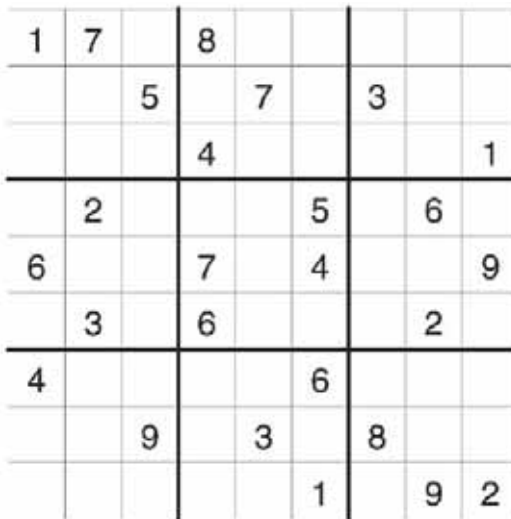


- 7 Luau bowlful
- 8 Without expression
- 9 Ship's windows
- 10 Last writes?
- 11 Neat
- 16 Wray of "King Kong"
- 20 Performance
- 21 Caboose's place
- 22 A Great Lake
- 23 Doorway curtains
- 24 McNally's partner
- 26 Mythical birds
- 27 Before
- 28 Nevada city
- 29 Dazzle
- 31 Appetizers
- 34 Decay
- 35 Japanese emperor of yore
- 37 Prohibit
- 38 5-Down's cousin
- 39 Head light?
- 40 Small combo
- 41 Sicilian volcano
- 44 Table scrap
- 45 Talk on and on
- 46 "Ugly Betty" actress Ortiz
- 47 Deposit

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

You
Come back and stay! Miss
you, love you!
FROM THIS FIRE NEVER GOES OUT

Lovely Your Love Zright Do
you not know that your
glance is very sharp...Sweetie!
...Uhl!... Moreover, your
glances could slash the light
from all candles and light
bulbs in the church on last
Saturday...Sweetie! I am just
kidding...! Hold your faith in
God and keep praying;
Surely, God will help the
whole world and all of us
through this dismal econo-
my. You are right and smart
to use a quote: "There is on-
ly happiness in life, to love
and be loved." Yet, love usu-
ally encounters challenges
from reality that is not easy
to perceive it in order to
have happiness. Thank you
for your beautiful thoughts
to me. Have good day with
sealing a kiss.

FROM FROM: MIZZ: JULIET

Today's horoscope

♈ Aries March 21-April 20 Stop trying to control each and every situation you find yourself in and let fate take its course.

♉ Taurus April 21-May 21 Try to take things a bit easier on the work front. Slow down.

♊ Gemini May 22-June 21 Be fair in the way you deal with other people and always try to help them get the best from whatever situations you are jointly involved in.

♋ Cancer June 22-July 22 If you can remember that some people are emotional and easily hurt then

you won't go far wrong today.

♌ Leo July 23-Aug. 23 If you can get away from the daily grind you should do so.

♍ Virgo Aug. 24- Sept. 22 Go with the flow and let events work themselves out in their own way and time.

♎ Libra Sept. 23-Oct. 23 There is a new moon in your sign today, so you won't have any trouble getting what you want.

♏ Scorpio Oct. 24-Nov. 22 Don't be afraid to take advantage of a business or financial opportunity that pops up out of nowhere.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

You will be amazed how easily and you get things done today.

♑ Capricorn Dec. 22-Jan. 20

The best way to deal with your problems is to pretend they do not exist.

♒ Aquarius Jan. 21-Feb. 18

Today's new moon in Libra makes this the ideal time to clarify your life goals.

♓ Pisces Feb. 19-March 20.

What happens today will surprise you, especially if it involves someone you hardly know.

● SALLY BROMPTON

Caption contest



"Did
you call me a
CONE HEAD or
CORN HEAD?"
BETHANNE



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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